

# HOW TO BE TOPS *in your* TEENS



PUBLISHED BY THE UNITED FRUIT COMPANY

# Introduction

## Are You a BAAP?

**I**F YOU were asked to rate yourself in a school BAAP (Best All Around Person) contest, would you vote yourself "tops," "a flop," or something in-between?

That may be an embarrassing question, especially if you're not yet a star on anybody's Hit Parade. But if you're thinking, "Don't rub it in. I am what I am, and there's nothing I can do about it"—whoa, there!

Actually, there's *plenty* you can do about the kind of person you are becoming. It's true, of course, that your family, your experiences, the books you read, the friends you make, and many other factors *are* molding you. But the point is this: Wouldn't you like to jump in and supervise the work yourself?

Fortunately, you don't have to sit back and take your chances on whether your particular personality combination is going to explode, fizzle, or turn out fine. *You can make yourself the kind of person you want to be.*

First of all, set your sights. Would you like to (1) get along better with others *socially*? (2) develop an *alert mind* and a keen interest in your world? (3) take a greater part in sports and other *physical activities*? (4) control better your *emotions* of enthusiasm, anger, etc.? In short, what sort of person do you want to be?



You've probably heard about the football player who caught the ball during a Rose Bowl game and ran down the field—in the *wrong direction*. High school is the place to make sure that you're heading in the right, instead of the wrong, direction.



You can't set all of your goals right now, of course, but you can sail off into tomorrow with a list of them. Some will be general goals, such as planning to do your best at whatever you attempt, or always to play fair with others. Some will have to do with your social success, such as altering a bad habit. Others will concern your career, health, grooming, and so on.

In order to get anywhere—whether your goal is to make the school team or to land a good job some day—the three steps are: (1) *get ready*, that is, decide where you want to go; (2) *get set*, that is, head for this goal; (3) *keep going!* The purpose of this booklet is to help you chart your course in the right direction.

## Chapter One

# POPULARITY IS AS POPULARITY DOES!

**W**HAT's the secret of popularity? Why do some people click with the crowd while others fizzle? Why do some teen-agers have so much more fun than others? How can *you* be popular like Peg and Bob and Jeannie?

Maybe you're as eye-catching as a movie hero or a cover girl. Maybe you're as rich as Rockefeller. Maybe you're the "smartest" kid at school. And maybe you're not. Who cares? Beauty, bank-roll, brawn, and brains don't necessarily add up to popularity for anyone.

But maybe you already know that. Peg isn't even pretty, but everyone likes her. Bob's short on cash, yet the girls would rather date him at home than go to the most expensive restaurant in town with somebody else. Jeannie doesn't know a tangent from a totem pole, but she's tops in popularity in her crowd.

Why? Because Peg and Bob and Jeannie go out of their way to be friendly with others (which makes others like them back), and because they have many interests (which make them interesting to many people). *All-round friendliness plus a wide variety of interests*—that's a big part of the secret of popularity!

### THE BIG QUESTION

"That's all very well," you may say, "but how do I get that way?"

There's no reason why you can't join the circle of best-all-around fellows and girls if you set your mind to it. But it takes time and effort. Nobody reaches the head of the Popularity Parade in a day. You have to work at being popular (just as you have to work at being anything else that's worth while)—because it takes a lot of know-



how and practice to develop the qualities that will make you "personality plus." And, what's often even trickier, it takes time to learn the pitfalls to be avoided, too. But if you tackle the job with a will, it'll almost certainly pay off in popularity and friendship.

Ready? Then, let's go!



## FOLLOW THROUGH

Just plunging into the swim of things isn't enough, though. Be sure to follow through! Don't be just another "joiner." Join only the clubs and committees *in* which you are sincerely interested, *to* which you have something to contribute. And whenever you undertake a project, large or small, be sure to finish the job with as much enthusiasm as you began it. There's no surer way to lose the respect of others than to fall down on the job. The fellow who "forgets" to sell his quota of tickets to the game, or the girl who fails to show up at a committee meeting, isn't likely to be given a second chance to gum up the works.

Be dependable. Don't tackle more than you can do well, and always finish what you start. To be counted *in* by the gang, you first have to prove that you can be counted *on*!

## IT'S YOUR MOVE

First of all, it's up to *you* to act first in dealing with others. Don't wait for them to give you a friendly smile and a "Hi!" You be friendly *first*.

You're not "running after" anyone or "being fresh" if you smile and say something friendly to your schoolmates. The notion that the other fellow should make the first move to be friendly just isn't so. Suppose everyone waited for the other fellow to act first!

If you scowl in a corner, others will probably leave you there. But if you smile at the people around you, the chances are that they'll return the favor. A smile may be a curve, but it can be a straight line to friendships. And a smile is worth a mint more than a scowl, yet look how much less muscular effort it requires!

Friendships that begin with a smile usually stick because of mutual interests. Are you willing to be interested in many things? If so, then you'll find something in common with many different kinds of people. Going out for extra-curricular activities at school is one of the best ways to discover your interests. Join the dramatics club, and you'll have plenty to talk about with the other kids who are members. Go out for sports, and you'll be "talking shop" with fellow athletes all year 'round. But remember, clubs and teams don't send out engraved invitations. You have to step out and meet your opportunities. When try-outs for the school play are posted, try out. When volunteers are wanted for class committees, speak up. Pitch in and help on all class and school projects. That's the way to make your presence felt. That's the way to get into the swing of things. That's the way to discover your interests—and to find friends and keep them.



## LOOKING OUT

Now, let's stop concentrating on *you*, and turn our attention to the other fellow. That's because one of the most important qualities that every popular Jane and Joe has in abundance is a sincere interest in others. Developing an interest in the other fellow may very well be your own most important step toward being better liked by your classmates and friends.

It's the wet blanket that's usually wrapped up in himself—the sort of person who always talks about himself without showing the slightest interest in you. He talks at you instead of with you, tells you how high he rates with the girls, how he scored the deciding touchdown in Saturday's game, how he got an A-plus in that English test you nearly flunked. You can't get away from him fast enough. And you can bet your moccasins that nobody else can either!



Forget the "I" in conversation. Make it WE . . . and remember the letter "W" is a combination of four "I's.

Try to spend at least as much time listening as talking. That shouldn't be hard if you're sincerely interested in the other person, and it's one of the best ways to prove that you are interested. A good listener is not only in demand everywhere, but after a while he *knows* something!

#### LOOKING IN

Another important item on the how-to-be-popular list is *always be yourself*. Nobody likes a phony, whether it's a nickel or a friend. So don't let the stars get in your eyes—movie or TV stars, that is. If you copy airs from your favorite actor or actress, you'll be seen through like cellophane. And if the YOU package isn't "selling" too well, you'd better change the contents, not the wrapper. Pretending that you're perfect just cuts down the chances for your honest self-improvement.

Believe in yourself. If you're not all you want to be now, believe in your ability to make yourself what you want to be. You can do it—if you concentrate on accentuating your good points and eliminating the bad ones. And while you're at it, don't "borrow" ideas from somebody else. If you're asked about a book you haven't read, don't offer a reviewer's opinion as your own. You'll only get "caught," and you'll impress nobody. Don't hazard an "expert's" opinion on the outcome of the World Series or an election, unless you know what you're talking about. Admit the gaps in your knowledge. Everybody has them, you may be sure.

When asked what qualities they value most in their friends, both teen-aged boys and girls rate *sincerity* at the top of the list. So don't be a "phony." Have the courage to be yourself. That's the only way to be liked for what you are—and isn't that what you want?

#### BE "JEST-PROPELLED"

Popularly speaking, a sense of humor comes in mighty handy. The fellows and girls who can laugh *at* themselves and *with* others are usually fun to be with, and have lots of friends. But if you're just not a natural expert at rib-tickling, don't give up. You can develop your funny bone.

Try to see the funny side of minor accidents or mishaps that could be embarrassing—and usually are to people without a sense of humor. Suppose you accidentally charge into someone in the corridor at school, resulting in a sweeping "upset" of your books and *yourselves* all over the



floor. Do you scowl or sound off angrily? No! That would just make everybody embarrassed and uncomfortable. Instead, you realize how funny the two of you must look to the onlooking world, and you laugh. And if your sense of humor can go still further, to prompt you to ask your fallen companion, "Have a nice trip?," so much the better. The tension is broken, you're relaxed and happy, and your schoolmates know you're a jolly good fellow.



A sense of humor helps win friends, too, if you can laugh when the joke's on you. Suppose Sue teases you about the rip you didn't know was in your shirt. Blush, and you'll both be uncomfortable. But if you tell her with a grin that "air conditioning's the latest thing," you'll both have a laugh.

It's fun to share laughter. But laughing at someone is cruel, and never leads to popularity. If Nellie stutters through her oral report, it isn't funny, and a snicker from you would make it less so. Practical jokes are rarely funny, either. It doesn't tickle anyone to sit on a tack. Your teeth can be cracked by the "joker" who slams you on the back while you're drinking at the water fountain. If practical jokers thought before acting, they wouldn't act, and they'd be much wiser and better liked. Steer clear of them—and don't ever *be* one! Laugh at others, and they'll keep away from you. But laugh *with* them, and they'll be eager to have you around. Being "jest-propelled" makes life a lot more fun!

#### THE OTHER FELLOW-FIRST

The next popularity pointer involves no funny business. It's *generosity*. And by "generosity" we don't mean gift-giving at birthday and Christmas time. Real generosity is a permanent state of mind, an all-year-round spirit of giving which shows itself in your day-to-day actions. Little things, like giving the gang a lift home the day your Dad lets you drive the car to school. Big things, like helping a new candidate for the varsity team improve his play, even though he's out for your position . . . staying home with Junior

on a Saturday night, so your parents can go out . . . covering a pal's paper route so he can study for his math exam. These are only a few examples of self-giving, and they mean a lot more to others than just tissue-wrapped packages on special occasions.

Other people will like you for going out of your way to help them. They'll appreciate you as a real friend. And they're more apt than not to give you the same "royal" treatment. But, best of all, being on the giving end of a good turn makes *you* feel good—under the skin, where it really counts.



#### BE A SPORT!

Some people seem to think that sportsmanship has to do with athletics, period, but they're w-r-o-n-g. Good sportsmanship is important to all phases of your life—school-wise, home-wise, date-wise, and otherwise.

Popular persons know this. Bob loses the election for class president—but he's the first to congratulate the boy who beat him. Nancy's suggestion for a Prom theme is turned down by the Decorations Committee—so she turns her energy pronto to helping make a success of Ellen's idea. Bob and Nancy are good sports, and they get around.



But let's take a look at Gene and Dolly. Gene isn't chosen editor of the school paper, so he quits the staff altogether. Dolly's crowd doesn't want to see the movie she suggests, so she goes home to sulk. Good sports?

And then there's Carl. He lands a part in the school play, and is so proud of his acting ability that he tries to steal every scene, regardless of whose scene it *ought* to be. Carl forgets that plays are cooperative ventures, not one-man shows. No one should try to be the whole show, whether in a play, a game, or a conversation.



### YOUR ROYAL SHYNESS

*Poise* is another "must" for popularity. Lots of shy people are nice, but nobody knows it. So if words seem to catch in your throat while you watch Popular Paul easily making the rounds with the gang, now's the time to start a shyness-destruction campaign.

You're not shy at home, are you? When you're talking to the members of your family, you're relaxed and talk spontaneously about the things that interest you—probably about yourself and your activities. You're confident that your family is interested in everything you do or say. But when you're in a group away from home, you may feel that others are judging you instead of listening to you. There you're wrong!

Because no two people in the world are exactly alike, what each person has to contribute to a conversation is different—different and interesting to others, so long as it's a true expression of himself. Unless you try to "copy" somebody else, express a second-hand opinion, or tell a story that doesn't belong to you, what you think and say will probably be interesting.

If you've seen a movie you liked, read a magazine article that entertained you, or overheard an amusing exchange of conversation at school, you have something to talk about. Happenings at home, at school, and about town are always good topics of conversation. Sports, music, radio, TV, and movies make lively topics for talk, too, so start the conversational ball rolling. Or if groups at school or parties are already in the midst of a gabfest, step up and join in! Let others know you're alive and interested in what's going on. If you have curiosity and convictions, you can "crash" any conversation. So don't be afraid to speak up. There may be others who talk more smoothly than you do; there may be others who know more than you do; but nobody can express what you want to say better than you can!



Good sports cheerfully cooperate with others everywhere. They don't gripe about "bad breaks." They don't try to "get even." They don't gossip about people they don't like. And they gladly go along with the wishes of the gang. Sometimes, when you're deeply disappointed, it's not easy to be a good sport. Others know this—and that's why good sports are respected and popular everywhere. How you cooperate with your family, teachers, and co-workers is the test of how good a sport you are. That's one test you can't afford to fail!

## TWO LITTLE WORDS



How are you on "Thank you's?" Wait a minute now. Don't skip to the next section—because those two little words count a lot, and maybe more than you think.

Some girls, for example, think that they don't have to say "Thank you" to boys for holding their coats, and other "taken-for-granted" considerations. They're wrong. Considerations should never be taken for granted, and your "Thank you" is your way of being appreciative of another person's thoughtfulness.

A boy gave up his seat on the bus so you wouldn't have to stand. Mom got up early to iron your shirt before school. Midge gave you the Latin assignment you forgot to take down in class. Don's mother chaperoned your gang for a cook-out. Did you remember to thank all of them for their help?

Appreciation is always appreciated—at school, at home, everywhere—for small favors and big ones, in public and in private. Don't save your "Thank you's" just for special occasions and public performances. Remember that youngsters as well as older people, your family as well as the "new" girl, like to know that what they do for you is appreciated. If you act as though you don't care, they'll stop caring, too, and soon you may not have anything to thank them for.

So, don't take courtesies for granted. Your "Thank you" is such an easy thing to say, yet it makes others settle gladly for all the "overtime" they give you.

### TACTFULLY YOURS

Tact is the art of saying or doing the right thing at the right time. Whether or not you've mastered that art can mean the difference between a plus or minus in your popularity rating. Let's take a look!

Suppose you have a date with Judy. You ring her doorbell, and down she comes—all decked out in a new dress. She asks you how you like it. The only trouble is that you don't. So what do you say?

Well, if you're Blundering Bill, you mumble something like this: "Gee, Judy, I was hoping you wouldn't ask that because to tell the truth, I think that number doesn't suit you at all." Result: Even if Judy's a good sport and admits that she "asked for it," her feelings are hurt, and life is no longer completely rosy. There's a dark spot on the evening horizon.

But if you're Tactful Ted, you think of Judy's feelings *before* you speak, and say something—anything—nice about her dress. For instance, "That red's a swell color on you, Judy, but the blue one you wore last Friday is still my favorite," would be both truthful and tactful. Judy will stay happy, and she'll probably make a mental note to wear the blue dress next time. You're off to a good start.

The secret of tact lies in thinking of how the other fellow will react to what you have to say—*before* you say it. And often the most tactful thing you can do is to keep quiet. There's no point in wailing about the loss of "all that beautiful hair" when Jean turns up at school with a new hair-cut. It's tactless to tell Joe you saw his "steady" girl with another fellow at the soda fountain. And it's thoughtless to tell Mrs. Blair or any of her friends that Mom thought her speech at the P.T.A. meeting was dull—even if it was.



## MANNERS MATTER

Your manners, too, count a lot popularity-wise. Unless you live on a desert island, they make up a very important part of your personality. And manners can count more than anything else in the kind of first impression you make. The people you meet don't know about all your fine qualities right off the bat, and they're probably not going to wait to find out about them if your manners are antagonizing. You can't score a run without going to first base!

It's true that a person with plenty of good manners, but nothing to back them up, would be a sorry specimen. But it's equally true that an all-around top-flighter won't get very far without a good coat of manners. It's not what manners are that's important; it's what they *stand for*. And they stand for *consideration of the other fellow*.

So show that you're considerate. Remember to stand up when older people enter the room. (Note to boys: Ditto when your date enters the room and remain so until she's seated.) Try not to interrupt when another person is speaking. Brush up *all* the rough spots in your politeness department. And, before you start out on any new adventure in the social world, consult your parents or look up the rules in an etiquette book. Don't risk bumbling through—because you'll bumble, all right!

You may say, "Manners are only polish." But don't underestimate that polish. A diamond in the rough may have great potential, but a cut and polished gem brings a far higher price on the market. Human translation: When you take a shine to manners, others take a shine to you!

## MAKING IT STICK

Keeping friends is a full-time job. You can't just bask in your new popularity, and expect it to last. You have to be loyal and thoughtful, and do your share of the asking and seeking-out. The way to be liked is to like others, and to let them know the way you feel.

But beware of gossip and jealousy. They're sure-fire friendship killers. Put them in a bottle with a leak-proof stopper, and forget them forever and a day.

You get out of any friendship just about what you put into it. Put in only a little, and you'll get small return. But put in a lot—and your popularity can be permanent!

## THE ROAD AHEAD

The friends you have now probably won't all still be your friends in, let's say, ten years. As you grow older, your sense of values will change; and the friends you choose will change, too. As you mature, you'll become frankly more individual, and you'll care less about being like the others in the "gang."

This "maturing process" is something everyone goes through, and the sooner the better. So try not to snub certain people just because they are not "tops" in your high school crowd *now*. Who knows? The fellows and girls who don't rate with the gang today may be the ones you'll value most as friends in years to come. Even in the many cases where this won't happen, though, you owe it to others, at the very least, to be nice to them. To be respected by the people you like, you have to be able to get along with the people you don't like. And, come to think of it, you want others to respect *you*, even if you're not their pal—don't you?

## Chapter Two

# HERE COMES THE GROOMING!



SURE, you want to stand out in the school crowd—but you won't make much progress if you tackle the problem by wearing the most startling and out-of-place outfits you can hang on yourself. Nor will you be outwardly pleasing to the eye if grubby fingernails, a grimy collar, or grease stains on your shirt-front mar your appearance. Let's "face it"—good grooming is an important part of the total YOU, so let's get the situation under control—beginning now!

### LADIES FIRST

Turn "thumbs down" on the thought of decking yourself in your best date dress, high heels, and gobs of costume jewelry on school days. Get-ups like that may seem intriguing when you plan them on Sunday night, but you'll feel mighty uncomfortable in them when you're parading around the halls on Monday morning.

If you want to pass your good-grooming tests with flying colors, the following items are definitely desirable: (1) The clothing you wear fits you—no squeezing into too-tight dresses or using

belts to hold up too-loose skirts. (2) The neck-lines of your blouses and dickeys are immaculately clean. (3) Your skirts are complete with pleats in the right places, and none of yesterday's creases. (4) Your hems are even all around (with no safety pins coming to the aid of *this* party). (5) Your saddle shoes may not get a whitewash job every week—if your gang likes 'em grimy—but your suede flats are brushed daily to keep them dustproof, and your moccasins are well-heeled and shined. (6) Your socks hug your ankles neatly or the seams of your stockings head straight down the backs of your legs. (7) You buy your sweaters to fit you—and, when you wash them, you stretch them back into the proper proportions. (8) You never have to plead guilty to the accusation of coming to school with hair done up in bobby pins or draped in a turban. (A good way to cope with your crowning glory, when you can't do a *thing* with it, is to tie a ribbon around it, little girl style.) In short, you add up to a neat, shining prettiness which proves that you care how you look, whether you're set to fly off to a cram session or a jam session.



## MAKING WITH THE MAKE-UP

The secret of any smart gal's facial success is that she keeps it a secret—that is, she puts on her make-up in private. Fix your face with a light dusting of powder and a deft touch of lipstick before you leave home each morning—after that, it's on its own. No powder-puffing during classes, no lipstick-dabbing in the halls, no mirror-peering in the cafeteria. The same goes double for your hair care, which is an especially private affair. You'll be a pretty unpopular character if you're constantly dragging a comb through your tresses, or mumbling through a mouthful of bobbies, which you frantically jab into your head. So find a simple hair-do that wears well, and anchor it soundly before you set off for school. If you're afraid your morning beauty routine won't carry you through the entire day, repair to the "ladies' room" for a repair job.



And while you're there, mind your manners. Wait your turn at the mirror—no pushing or craning over people's shoulders. Do your make-over work on the double so the next girl in line will be able to make *her* class on time. And remember that nobody likes to take over a basin that's suspiciously gray around the edges, or a shelf that's decorated with belipsticked tissues. Take time to *clean up* before you *clear out*!

Try a model's training trick for that "Cover Girl Carriage"—practice walking with a couple of books on your head. After you've mastered this act, try to balance a volume while sitting and rising (one foot goes behind the other, for balance). When you're sitting in class or the movies, try not to fold up like an ironing board. Keep off the end of your spine. Slumping is more tiring than sitting up straight. Cross your legs (if you must) so that one knee is well over the other and your toes are parallel, unless you want your legs to look like logs. And when you're up on the



assembly platform, be *sure* you're "sitting pretty." Cross your ankles, one foot behind the other, for a graceful appearance. And be sure your skirt covers your knees. Your posture performance is important. When walking, toe straight ahead, your knees almost brushing one another. If you walk with feet wide apart, you're sure to roll like a matronly tug boat! And while we're on the foot subject, what are you wearing in that department? If it's scow-bottomed moccasins, give them up for flats with some support in the instep, or you may end up in a pair of clomping corrective shoes. Constant wearing of high heels is just as bad. So be sensible—and smart.

Remember—cleanliness, neatness, and attention to details are, and will always be, the essentials of good grooming.



#### FIGURE IT THIS WAY

You really make the most of your figure when you "stand up for it." All the tricks of good grooming—how to make with the make-up, shampoo your hair, and keep your nails gleaming—are an essential part of an attractive appearance. But a good posture "figures" in there, too. Pull your chest out of your stomach and hold your shoulders back where they belong! Inches come off your middle, bumps and angles smooth themselves into That Lissome Look, and your figure will do justice to a new dress or a good-looking bathing suit. Even every-day sweaters and skirts look better when they're not draped on a saggy chassis. And if that isn't enough, your complexion gets a bonus, too. Good posture means better circulation—a short cut to clear skin and a firm figure.

The best way to become an upstanding citizen is to back up to a convenient wall, with shoulders flat against it. Push towards it with the small of

your back, which lines up all the little vertebrae. Your head is high, shoulders back, ribs feel high and wide apart, hips are tucked under, and knees are "easy." Don't you feel thin through the middle? Now walk away and hold that line!

#### A WORD TO THE BOYS

Did it ever occur to you that a boy can look smooth without looking like a smoothie? Casual school clothes needn't be sloppy clothes—and you can start proving it by showing up for classes in an outfit that looks as if it had been pressed last night, not slept in. A good beginning would be to get—and keep—a sharp crease in your pants, and you could follow through by topping them with a spic-and-span shirt, instead of a spot-and-blot one. All well and good if you want to go backwoodsy with corduroy shirts and plaid wools, but try tucking them into your pants for a change, instead of letting them flap in the breeze. Take a sweater-care cue from your sister so that yours are clean and well-fitting—and neatly darned if





you make a point of coming-through-at-the-elbows. Get acquainted with the shoe-polishing implements in Dad's closet—and get into the habit of dropping your footgear off at the shoemaker now and then for a heels-and-taps job. And never let it be said that you dress as if you

were color-blind! Go all out for screaming orange-and-green argyle socks if you like, but don't team them up with your red and blue plaid shirt. You want people to know you're around, but you don't want them to *hear* you coming!

#### CLEAN-CUT AND CLEAN

If your exam papers look like finger-print records when you turn them in, the trouble can probably be traced to a natural talent for picking up dust in shop class. So take a break occasionally and head for the "men's room" for a once-over-lightly on your hands and face. (Note: Dirt has a nasty habit of lurking under your fingernails, too.) Also, be a gentleman and confine your hair-combing activities to the lavatory. Incidentally, all the water and "slickum" in the world will be as nothing unless you have clean and neatly-trimmed hair. And need we add that unless you're all washed up behind your ears and the back of your neck, you'll be "all washed up" with the high school crowd!

## Chapter Three

# WHAT YOU EAT IS WHAT YOU ARE!



IN A VERY real sense, the food you eat is what you are. Food is the fuel that keeps your "body engine" going at full speed—or puts it in reverse. It's a strange fact that more people pay closer attention to the fuel they put into their automobiles than that which goes into their own bodies. And the human body is an infinitely more complicated mechanism than the sportiest V-8 convertible, constantly in need of the right kind and the right amount of food-fuel.

For example, some of the food elements we need to keep us in tip-top physical condition are proteins, carbohydrates, vitamins, fats, minerals, and iodine. No single food contains all these elements in sufficient quantity to keep you properly nourished. But if you eat a *variety* of foods you are certain to get enough of each element and supply needed nourishment to your body.

The need for proper nourishment is especially strong in teenagers. The teens are the years when your body is growing at its greatest rate of speed, when you are actually developing into a mature man or woman.

### IF LIFE ISN'T A CHEERY BOWL OF BANANAS

If your life, these days, isn't exactly a cheery bowl of bananas, maybe a bad menu lies at the root of your troubles. Hot dogs and fudge sundaes are fine, in their place, but make sure you aren't neglecting *other* foods. Too many trips to the cookie jar or soda fountain can lead to such unpleasant results as a bad skin, nervousness, lack of pep, and other symptoms of a body that may be *over-fed* but is not *well-fed*. There's a terrific tie-up between your eating habits and your personality, too. You can't be the vital, happy, enthusiastic person you were meant to be unless you are physically in the pink. Let's take a look at the foods you need, and set out on the right road to a healthy body and personality.

### THE "MUST" LIST

Food does three things for all of us. It helps us grow; it supplies the nourishment our bodies

need in order to maintain themselves; and it provides the energy we need in order to perform the mental and physical tasks we're called upon to do. Different foods fulfill these needs in different ways.

**Proteins:** these are the "building blocks" we need to live. If you cut all protein out of your diet, there would soon be nothing left, because all your body-cells need protein and the chemical elements it contains to survive. Meat, fish, eggs, milk, cheese, beans and peas are good sources of protein and should be included in your diet every day.

**Carbohydrates:** found in your food as sugars and starches, the chief function of carbohydrates is to furnish heat and energy. The more active you are, the more of this element your body needs. Sugar, fruits, vegetables, bread, bananas and cereals furnish large amounts of carbohydrates—so eat plenty of them!

**Fat:** another good source of energy is fat. The amount you need depends on a number of things such as whether you are underweight or overweight, how much energy you need. You should include something from this group of fat-rich foods every day: butter, cream, bacon, lard, salad oils and nuts.

**Minerals:** calcium and phosphorus are important minerals for the development of your bones, teeth, and nervous system. You need iron for good red blood and active body cells. One sure way of getting all these minerals is to eat a balanced variety of foods—cereals, fruits, meats, milk, and vegetables. Choose something from this mineral-rich group every day: liver, chard, lima beans, bananas, peaches, molasses, eggs.

**Iodine:** Here's something you probably won't have to worry about getting, since it's usually contained in the water you drink. If you live in a part of the country where iodine is lacking in the soil and water, be sure to have mother buy *iodized* salt so you can get your necessary daily supply.



**Vitamins:** you've heard about vitamins since you were knee-high. But don't think you have to take vitamin pills in order to obtain your quota. All around us, there are foods which contain vitamins, so be sure to eat a well-balanced diet so you won't short-change yourself. Here are some of the best-known "protective" foods which can supply you with your daily vitamins:

Milk, cheese, ice cream  
Bananas, apples, pears, melons  
Tomatoes, oranges, grapefruit  
Meat, fish, poultry, eggs  
Lettuce, turnips, carrots  
Peas, beans  
Whole wheat or enriched bread, cereal  
Butter or margarine  
Potatoes, sweet potatoes.

#### WHICH "WEIGH" ARE YOU GOING?

The energy value of the food you eat is measured in *calories*, or units of heat. How much you need depends on your age, height, activity, and weight. It's fairly obvious, isn't it, that a six-foot-four basketball player needs more energy than a five-foot-two office worker?

But don't worry just because your own weight doesn't exactly jibe with what you've seen listed on "average" weight charts. How fast you are growing, your bone structure, and various other factors influence your weight. The "right" weight for Mr. or Miss Average might be all *wrong* for you! However, if you have any serious weight problems, consult your doctor. Don't try any strenuous dieting on your own. That's downright dangerous to your health!



There are some general rules to follow, if you feel that you should either gain or lose pounds. Naturally, the amount and kind of food you eat counts most, but *how* you eat also plays a part in your "Operation Weight Control." Here are some pointers to follow if you need to *gain* weight:

1. Eat slowly, and chew your food thoroughly. That's a big help to digestion.
2. Try to relax for a while before and after meals. If you're excited or "jumpy" your digestion becomes impaired.
3. Eat *more* food at each meal, and add a snack of cookies and bananas and milk just before bedtime.



4. Eat enough foods with a high caloric value—butter, cream, mayonnaise, gravy, jam, and bread.

5. Get plenty of sleep and exercise. But don't get over-tired, because excessive fatigue reduces your appetite.

If you're going through a plump period, and need to *lose* weight, don't work up a complex about it. Learn what foods are heavy on starches—pies, cakes, sundaes, spaghetti, and their like—and cut down on them. Crispy salads, green vegetables, and fruits are for you. Eggs and lean meats will give you energy without adding fat. But don't overdo it; losing a pound or two a week is plenty. Reduce the *amount* you eat, but eat *some* of almost everything. You need milk and potatoes, so try skim milk, and cut out the gravy on the potatoes—but *leave the essentials intact*. A variety of food, but less of each is a safe and excellent way to insure the weight you should be and still be healthy. And eat *plenty* of fruit. Exercise energetically, if you must, but

beware of working up a too-hearty appetite!

If you're seriously overweight or underweight, either one, don't lose any time making an appointment with the doctor—for a physical check-up and a recommended diet. As we said before, and we can't stress it enough, "starvation" dieting can be dangerous! A *well-balanced* diet is what you need for pep, good health, and radiant good looks.

#### TABLE TIPS

As you probably know—especially if you've ever been a guest at the home of the *one* to be impressed, and found yourself confronted by a what-do-I-do-next situation at the dinner table—there's a lot more to eating than just downing the right food.

*If there are two forks, two knives.* Silver is placed in the order in which it will be used, so begin at the outside and work in towards the plate. When in doubt, follow the hostess.

*If there's soup or grapefruit before the main course.* Tip your soup plate—just as you spoon your soup—away from you. Take only as much soup on your spoon as you can swallow in one sip. Try not to take two sips from the spoonful—it sounds "slurpy." After you've eaten the fruit of a grapefruit with your spoon, scoop out the juice with your spoon, too. Don't squeeze the grapefruit by hand, unless your hostess does.

*If the meat begins to slide.* It won't skid across your plate if you press on the back of your fork with your left index finger when you cut it. Avoid gripping your fork like a spear. Cut only one piece of meat (or any other food) at a time.

*If a salad bowl is passed.* When the person on your left says, "Will you have salad?" allow him to hold the salad bowl while you serve yourself. In turn, you hold the bowl for the person on your right. Cut and eat the salad with a salad fork; use a knife only when a hard wedge of lettuce is served.

*If the rolls are served un buttered.* Split bread, rolls, or muffins in half or in quarters before buttering.



*If you don't like one of the foods.* Authorities say you should take a little bit of everything offered to you, but you don't have to eat all of it.

*If you like one of the foods so much you'd like a second helping.* When your hostess says, "Another?" don't hesitate. Show your appreciation of the food. When you pass your plate to her, be sure to leave your knife and fork on the plate, far enough from the rim of the plate so that they won't fall off. Do not ever lay your knife with the blade on the rim of the plate and the handle on the table. And one more don't . . . don't eat out loud!

*If you can't eat any more.* Only a child pushes back his plate when he's finished eating. Be sure your knife and fork are on the plate; don't let them lean against it gangplank fashion. Then put your hands in your lap.

*If you have a linen, not a paper, napkin.* It's the privilege of a guest *not* to carefully refold his napkin. Just place it on the table to the right of your plate. *Never* leave it on the chair.

Above all, don't worry about doing things wrong! Your hostess would rather have you



enjoy yourself than give an exhibition of good table manners. Besides, she, too, has made mistakes. If you keep this in mind, you won't be overly embarrassed if you do make a mistake.

#### FOOD FOR FUN

After soaking up all this know-how, you may be thinking "cultivating healthful eating habits and good table manners is all fine and dandy, but isn't a person supposed to get some *enjoyment* out of eating, too?" If so, you're absolutely right. Enjoying what you eat goes hand-in-hand with good diet.

Go out for banana-splits with the gang, dream up extravagant concoctions in the kitchen, throw all the parties you can! And a party can be anything from a formal dinner for twelve to a spur-of-the-moment jam session with a simple bowl of fruit and soft drinks on the refreshment table. Who doesn't like "eats?" Eat happily, sociably, and sensibly—and you'll be making the most of your pep potentialities!



## Chapter Four

# ATHLETES ARE BORN AND MADE!



SOME people claim that athletes are born with natural ability, that unless an athlete is well-coordinated to begin with he'll never amount to anything in the world of sports. It's true that most great athletes—like Mickey Mantle, Bob Mathias, "Little Mo" Connolly, and Florence Chadwick, for example—do have a great deal of ability to begin with. It's also true that none of them would have become a champion without a great deal of practice and proper conditioning. But now let's take a look at some of the all-time "greats" who had very little natural ability, yet made the grade with colors flying!

First of all, take George Mikan. He was a tall, skinny, awkward kid with no future in sports at all. But he had drive and perseverance. He practiced. Hour after hour, day after day, week after week, he practiced. And the pay-off? George Mikan developed into an All-American basketball player at DePaul University and went on to stardom with the Minneapolis Lakers. George earned for himself the name of "Mr. Basketball" and acclaim as the greatest player in the game.

Figure-skating champ Dick Button was such a fat, pudgy kid that his teachers told his father that Dick might as well give up taking lessons. He couldn't possibly develop into a champion, they said. But you know what happened. Dick refused to quit. He went on a diet, and he practiced, and he became an Olympic champion. That's all.

These, and many other stars in the sports world, reached the top in spite of having "two strikes against them" to begin with. Natural talent didn't contribute everything to their success. And if they could succeed, there's no reason why you can't make at least one team at school—if you're willing to work for it. So, go out and practice—and bone up on the requirements of any athlete.

### WHAT TO DO

Get plenty of exercise. The kind of conditioning you'll need depends, of course, to a large extent on what sport you're in training for, but calisthenics are a good loosener-upper in all cases.



Then get out and practice. But don't overdo it, or you'll wind up overtired and good-for-nothing but the bench or bed.

Eat plain, wholesome, well-cooked meals, carefully chosen from the kinds of good food mentioned a while back. How much food you need depends on your build and your energy requirements. But remember this—it's much easier to *stay* in condition than to *get* there, so cut down on the calories during the off-season. Naturally, you need less food when you're loafing than when you're competing, so eat accordingly. Otherwise you'll just store up fat, and have to take it off later—and that can be an athlete's biggest headache (or tummy ache!). You can't go wrong by eating plenty of fruit with your meals and in-between. Make it a habit!

Sufficient sleep is an impossible-to-overemphasize requirement for a good performance on the athletic field. How much you need depends on you, but make it at least eight hours every night. "Hit the sack" in a comfortable, well-ventilated room. If you don't get enough "bye-bye," brother, it's bye-bye for you as an athlete.

### THESE ARE O-U-T!

You've probably heard many of the religious, moral, and social arguments people are always expounding on the subject of drinking. We're not concerned with them here, one way or the other. But we *are* concerned with health, because good health is the prime requisite of any athlete. *And alcohol is not good for your health.* It's a depressant. It makes you drowsy, it reduces your coordination and judgment and the speed with which you react. It can't possibly do you any good, and

it *does* do you harm. The only alcohol recommended for an athlete is *rubbing alcohol*—taken externally, of course!

Smoking is another taboo if you want to stay in topnotch condition. Here, too, you've probably heard many *pro* and *con* arguments. But although there is much disagreement over whether or not smoking is "sophisticated," or whether it is seriously damaging to your health, there is *no* disagreement on this point: Smoking *does* hurt you as an athlete. Cigarette smoke contains gases which enter the blood. And when the blood is carrying gases other than oxygen, it can't function properly. So, absolutely no smoking—if you want to show others your "smoke" on the athletic field.



### SHARPEN UP YOUR SPORTSMANSHIP

On and off the field, sportsmanship has a big hand in distinguishing the genuine from the phony. Whether you play or watch, be considerate of your opponents—win, lose, or draw.

*On the field:* Win and lose graciously, don't crow when you win, don't "beef" when you lose. Avoid argument with officials. Try hard to win, of course, but win only fairly. "Dirty" players soil only themselves. Know the rules of the game.

Be on time for the game. Show respect for property that doesn't belong to you personally. Remember how *you* feel when a visiting team goes homes with your school's towels. And, above all, play *with* your team! He who disregards teamwork in order to be a one-man show is a poor sport in *anybody's* book!

*Spectator Sportsmanship:* When you're watching a sports contest, your sportsmanship still counts. Your school won't have a good name, no

matter how sportsmanlike your athletes, if you on the sidelines have the wrong attitude. So, when defeat comes to your squad the hard way, try to admit that your team was "outplayed," not "outweighed." When an error is made on the playing field, remember that there's no place for a jeering section in the cheering section. Leave the refereeing to the referee, and don't yell advice to the coach. And when you win—celebrate, sure. Raise the roof, have a parade, make a lot of noise. Just don't *overdo* it. Remember that your public is watching—and your sportsmanship is showing.

Even if you're not "athletic," you can enjoy watching sports events. Try to become good in at least one sport yourself. Athletics are an important part of any well-rounded popularity program, and an interest in sports can be mighty useful for health and fun.



## Chapter Five

# HOW TO GET THE BEST OF YOUR BOOKS



DOES pre-exam time always find you burning the midnight oil to make up for lost time? If so, it's time for a change! Poor study habits lead only to poor grades, and ineligibility for sports and other extra-curricular activities. How you feel about your school work, and how well you do at it has more to do with your general well-being than you may think. For instance, when tackled properly, your school work can help you in several ways (no fooling!). It can add to your knowledge of people and ideas. It can help you get along better with those around you. It can help you learn to understand yourself and others better. It can help you plan for a future career. It can add to your popularity and the fun you get out of life—as well as getting you good grades on exams. The more you read, the more you'll know, and you'll find that being well-read adds a lot to your popularity rating! So, be interested in your studies, and get the best of your books with good habits like these:

(1) *Get organized.* Keep a good-sized loose-leaf notebook with your notes in it. Notes taken on scraps of paper somehow always manage to get lost, and are of no use to anyone, least of all you. Buy a package of colored index tabs, and use them to divide your notebook into sections, one for each subject. Keep your notes neat and in order—no reams of doodling in the margins, please—and you'll be able to find things when you want them.

(2) *In class.* Don't try to take down everything the teacher says. Jot down the important points, and fill in the details later. Often it helps to go over your notes as soon as possible after class, while your memory is still fresh, to translate your very personal abbreviations before even you forget them!

(3) *Homework hints.* Sprawling on the sofa next to a blaring radio, or TV set does *not* make for effective studying. You should work at an

uncluttered desk or table in a quiet spot, alone and free from distractions. Have your books, paper, pencils, and any other necessary equipment on hand before you start. Homework's biggest time-waster is the irregular jump-up to go hunt for something you should have had on hand from the start. Don't keep jumping up for food or phone calls, either. Keep your mind on your assignment, and *only* your assignment, until it's done. If you try to concentrate on too many things at once, you'll take all night to accomplish nothing. By training yourself to keep your mind on one thing at a time, you'll accomplish a lot more—and you'll accomplish it better and faster.



Budget your time. Do your toughest assignment first, while your mind is still fresh, and then move on to your easier subjects. And, by all means, stop for a "seventh-inning" stretch when you get tired between subjects. A break for a snack can provide a needed boost if the break occurs in a sensible spot. And this is time to play your favorite records or listen to radio and TV. Don't think you can do your best studying with bebop and Berle in the background! *Work regularly.* Don't skip a homework session on Monday, when you know that on Tuesday you're going to have to write an English theme and a science paper. Get one of them out of the way on Monday. By working regularly, you'll avoid having to "cram," and you'll have free time when you need it. Remember, it's always ten times harder to *catch* up than to *keep* up, so do your work as it's assigned. That's the way to earn good grades and to leave plenty of time for fun.

(4) *There's a system to studying.* How do you tackle an assignment? Not by word-for-word memorizing or piece-meal studying, we trust! You think about what you're going to read *before* you read it, reviewing what you learned in the last chapter or today's lecture, and working up to how you expect *this* chapter to fit into its proper place. *Then* you read the whole chapter,

stopping to go over anything you don't understand. Reading 100 pages won't teach you anything if you can't remember what the words mean after you've read 'em. (Note: A dictionary comes in handy, too.) Then, after you've read the chapter, think about it again. Ask yourself what you've learned, and try to imagine the teacher's questions tomorrow. Go back and check on any blank spots. Repeat this procedure until you are sure of yourself—and the assignment is done! Don't be discouraged the first few times if it takes more time than you're used to spending on your homework. You're training yourself in a new way. Once you've mastered the idea, you'll find yourself coasting along faster than ever!

(5) *Exam psychology.* Don't let exams scare you. You'll do well almost automatically if you've been studying properly all year. And if you haven't there's no sense in tightening up and forgetting what you *do* know. The best way to beat an exam is to be ready for it—and if you follow the suggestions above, you *will* be.

#### READING FOR FUN

Books aren't bogies to be forgotten the moment school is out. By learning to enjoy reading as a pastime, on your own, you can build up a whole new world of interests. Many a person has formed new friendships which started quite simply with a conversation's stumbling accidentally on a favorite author or book. You *do* feel a quick burst of sympathy for someone who shares your appreciation for a book you've especially enjoyed, and it's amazing how often it happens—if you let it. A good book is always a good topic for conversation. Your school library is full of adventure stories, classics, books of poems, biographies, and "special subject" books. Why don't you sample some of them—today?



## Chapter Six

# BANANAS—THE VERSATILE FRUIT



ONE of the most popular fruits available the year round is the banana. It is sometimes called the *versatile banana* because of the many ways it can be used.

Sealed in its dust-proof wrapper, it has wonderful flavor, and a medium-sized banana contains approximately *only* 100 calories. It provides a well-rounded supply of the essential vitamins and minerals needed for keeping fit and trim. It is also a *three-in-one* fruit with three distinct stages of ripeness.

Usually, it is found in the store in an early stage of ripeness . . . firm, pale yellow and tinged with green near the stem and tip. The pulp is starchy and tart and should be used for cooking, such as baking, broiling and frying. Cooked and served as a vegetable, it adds a distinctive, pleasing flavor to the meal.

In the next stage of ripening, the green tinge has disappeared and the peel is all yellow, although in some bananas the green tip remains. These bananas have what is called a permanent green tip, even when fully ripe.

The third stage in ripening is the *fully ripe* stage. Now, the all yellow peel has turned to a deeper yellow and has become flecked with brown.

Both the *all-yellow* and *flecked with brown* peels are Nature's signals telling us that almost all the starch in the green-tinged banana has been changed to digestible fruit sugars which

supply energy for daily activities and make the banana sweet and mellow.

Buy bananas by the "hand," or cluster, in the stage of ripeness which you find them in the store. Then allow them to ripen completely at home at comfortable room temperature, about 70°F.

Can bananas be placed in the refrigerator? *Yes, but only when they are fully ripe, when the peel is flecked with brown.* When bananas which are not fully ripe are kept at low temperatures, the ripening process is retarded and the delicate flavor impaired. The peel turns dark when removed from the refrigerator and exposed to room temperature. It may then be easily mistaken for that of a fully ripe banana.

However, when bananas are *fully ripe*, they can be put in a refrigerator. Just as low temperatures retard the ripening process before bananas are fully ripe, low temperatures retard over-ripening.

Bananas are indeed a *versatile fruit*, offering many ways to be eaten. Enjoy them from the peel or with cereal for breakfast. Try them cooked and served as a hot vegetable, or in breads, cakes and cream pies. Don't forget them in salads and fruit cups or as the ever popular banana split. The flavor of the banana blends well with all foods and with ice cream it's supreme.

Do you want an attractive illustrated banana recipe book for Mom—or yourself? It's free for the asking. Write Dept. YT, United Fruit Co., Pier 3, North River, New York 6, N. Y.



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